IMPORTANT INFORMATION FOR THE POPULATION OF SWEDEN



IF CRISIS OR WAR COMES



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This brochure is available to download in several different languages at dinsäkerhet.se.

Questions and answers about the brochure can be found at dinsäkerhet.se.

Swedish Civil Contingencies Agency

PEFC/09-31-017

MSB is a central government agency that works to improve Sweden's ability to prevent and manage accidents and emergencies. In the event of a serious accident or emergency, we provide support to those who are responsible.

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Graphic design and production: Kreab AB
Illustrations: Arvid Steen
Printed by: Stibo Graphic A/S
Publ. no.: MSB1214 - May 2018
ISBN: 978-91-7383-836-8

For the population of Sweden

This brochure is being sent to all households in Sweden at the request of the Swedish Government. The Swedish Civil Contingencies Agency (MSB) is responsible for its content. The purpose of the brochure is to help us become better prepared for everything from serious accidents, extreme weather and IT attacks, to military conflicts.

Many people may feel a sense of anxiety when faced with an uncertain world. Although Sweden is safer than many other countries, there are still threats to our security and independence. Peace, freedom and democracy are values that we must protect and reinforce on a daily basis.

Public authorities, county councils and regions, municipalities, companies and organisations are responsible for ensuring that society functions. However, everyone who lives in Sweden shares a collective responsibility for our country's security and safety. When we are under threat, our willingness to help each other is one of our most important assets.

If you are prepared, you are contributing to improving the ability of the country as a whole to cope with a major strain.

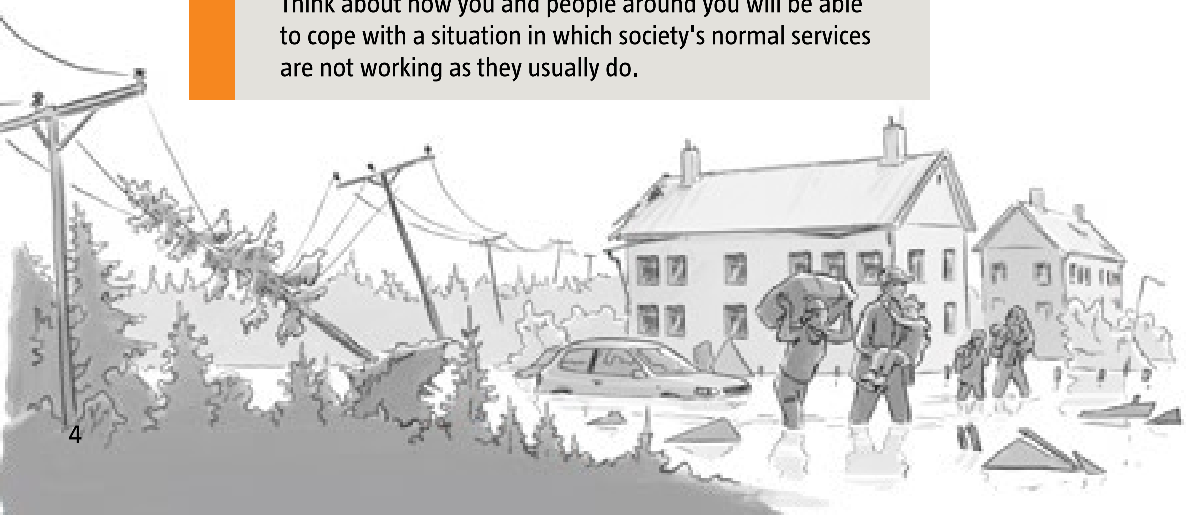
KEEP THIS BROCHURE!

What would you do if your everyday life was turned upside down?

An emergency can result in society not functioning in the way we are used to. Climate change may mean that flooding and forest fires become more common. Incidents in the rest of the world may result in shortages of certain foodstuffs. Disruptions to important IT systems may have an impact on the electricity supply. In just a short time, your everyday life can become problematic:

- The heating stops working.
- It becomes difficult to prepare and store food.
- The shops may run out of food and other goods.
- There is no water coming from the taps or the toilet.
- It is not possible to fill up your car.
- Payment cards and cash machines are not working.
- Mobile networks and the internet are not working.
- Public transport and other means of transport are at a standstill.
- It becomes difficult to obtain medicines and medical equipment.

> Think about how you and people around you will be able to cope with a situation in which society's normal services are not working as they usually do.



Your emergency preparedness

Your municipality is responsible for ensuring that services continue to function, even in the event of a societal emergency. This includes services such as care of the elderly, the water supply, the fire and rescue service and schools. As a private individual, you also have a responsibility. Preparing correctly can enable you to cope with a difficult situation, regardless of what has caused it.

In the event of a societal emergency, help will be provided first to those who need it most. The majority must be prepared to cope on their own for some time. The better prepared you are, the greater the opportunity you will also have to help others who do not have the same ability to cope.

What is most important is that you have water, food and warmth and are able to obtain information from the authorities and the media. You also need to be able to make contact with relatives. There are check-lists on pages 10 and 11 with foodstuffs and items that are good to have at home.

> Think about what risks may affect you and your local area. Do you live in an area that is sensitive to landslides or flooding? Is there some sort of hazardous industry or something else in your area that may be good to know about?



Be on the lookout for false information

States and organisations are already using misleading information in order to try and influence our values and how we act. The aim may be to reduce our resilience and willingness to defend ourselves.

The best protection against false information and hostile propaganda is to critically appraise the source:

- Is this factual information or opinion?
- What is the aim of this information?
- Who has put this out?
- Is the source trustworthy?
- Is this information available somewhere else?
- Is this information new or old and why is it out there at this precise moment?

- Search for information – the best way to counteract propaganda and false information is to have done your homework.
- Do not believe in rumours – use more than one reliable source in order to see whether the information is correct.
- Do not spread rumours – if the information does not appear trustworthy, do not pass it on.

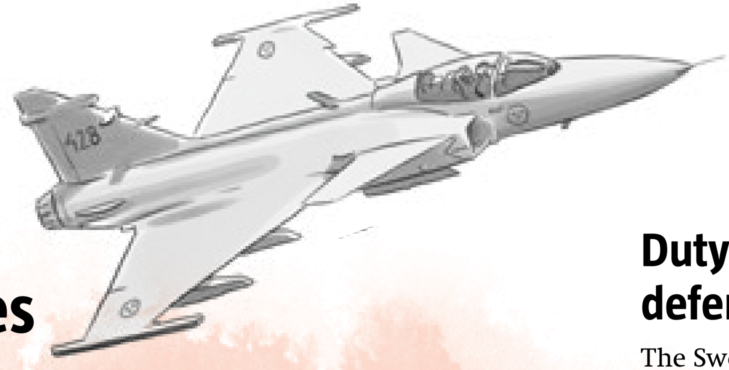
You can find more information at **dinsäkerhet.se**

In the event of a terror attack

Terror attacks may be targeted against individual people or groups, against the general public or against vital societal functions such as the electricity supply or the transport system. Even though there are many different ways to carry out a terrorist attack, there are some pieces of advice that may be applicable in most situations:

- Move to a safe place and avoid large groups of people.
- Call the police on 112 and inform them if you see something important.
- Warn those who are in danger and help those who are in need of assistance.
- Put your mobile on silent and do not call anyone who may be in the danger area. The sound of their phone ringing may reveal the location of someone who is hiding.
- Do not call anyone with your mobile unless you have to. If the network is overloaded, it may be difficult for vital calls to get through.
- Comply with requests from the police, the fire and rescue service and the authorities.
- Do not share unconfirmed information online or in any other way.





Sweden's defences

Sweden's defences are in place to protect the country, our freedom and our right to live as we ourselves choose to. All of us have a duty to act if Sweden is threatened.

Total defence

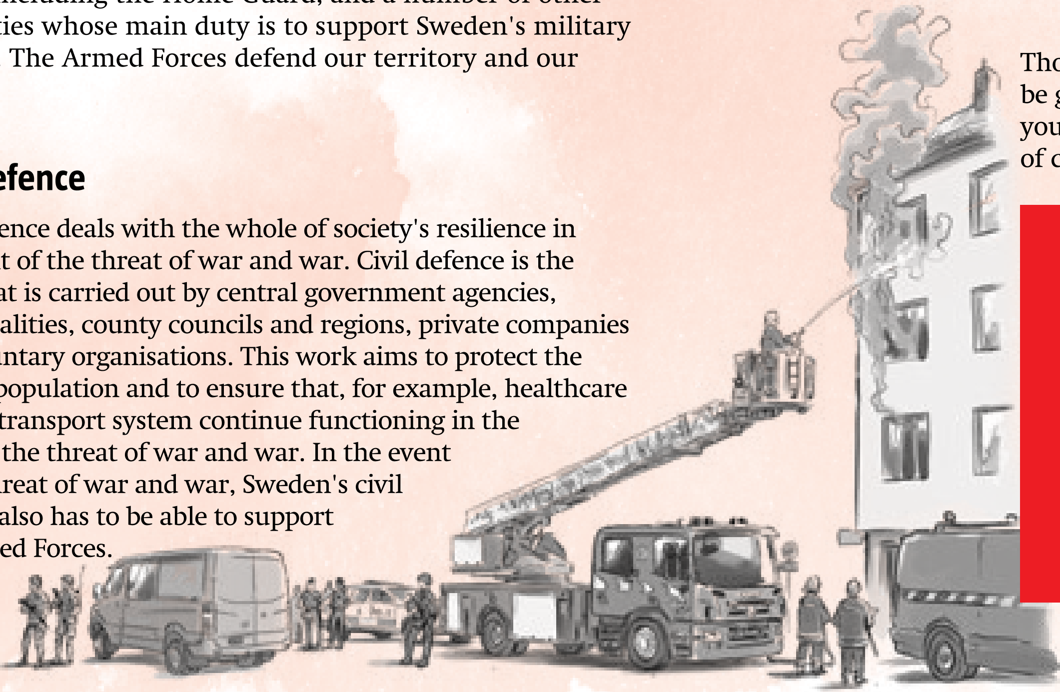
The term 'total defence' denotes all activities that are needed in order to prepare Sweden for war. Sweden's total defence consists of military defence and civil defence.

Military defence

Sweden's military defence consists of the Swedish Armed Forces, including the Home Guard, and a number of other authorities whose main duty is to support Sweden's military defence. The Armed Forces defend our territory and our borders.

Civil defence

Civil defence deals with the whole of society's resilience in the event of the threat of war and war. Civil defence is the work that is carried out by central government agencies, municipalities, county councils and regions, private companies and voluntary organisations. This work aims to protect the civilian population and to ensure that, for example, healthcare and the transport system continue functioning in the event of the threat of war and war. In the event of the threat of war and war, Sweden's civil defence also has to be able to support the Armed Forces.





Duty to contribute to Sweden's total defence

The Swedish population has a duty to contribute to Sweden's total defence. This means that everyone who lives here and is between the ages of 16 and 70 can be called up to assist in various ways in the event of the threat of war and war. Everyone is obliged to contribute and everyone is needed.

The duty to contribute to Sweden's total defence has three forms:

- **Conscription** into the Armed Forces.
- **Civil conscription** into organisations controlled by the Government.
- **General national service** involves serving in organisations that must function even in the event of the threat of war and war. This means that you continue to do your normal job, work in a voluntary organisation or that you are tasked by Arbetsförmedlingen with performing work that is of particular importance to Sweden's total defence.

Those with a duty to contribute to Sweden's total defence can be given wartime postings. If you are given a wartime posting, you will have received wartime posting orders or another form of confirmation from your employer about this.

For many years, the preparations made in Sweden for the threat of war and war have been very limited. Instead, public authorities and municipalities have focused on building up the level of preparedness for peacetime emergencies such as flooding and IT attacks. However, as the world around us has changed, the Government has decided to strengthen Sweden's total defence. That is why planning for Sweden's civil defence has been resumed. It will take time to develop all parts of it again. At the same time, the level of preparedness for peacetime emergencies is an important basis of our resilience in the event of war.

Follow what is happening at **dinsäkerhet.se**

Home preparedness advice

Your prerequisites and needs vary, for example, depending on whether you live in the countryside or in a built-up area, in a house or in an apartment. Here are some general home preparedness tips. Use what is appropriate for you and those close to you. It is a good idea to share certain things and borrow from one another.

Food

It is important to have extra food at home that provides sufficient calories. Use non-perishable food that can be prepared quickly, requires little water or can be eaten without preparation.

- ☐ potatoes, cabbage, carrots, eggs
- ☐ bread with a long shelf-life, e.g. tortillas, hard bread, crackers, rusks
- ☐ cheese spread, soft whey cheese and other spreads in tubes
- ☐ oat milk, soy milk, milk powder
- ☐ cooking oil, hard cheese
- ☐ quick-cook pasta, rice, grains, instant mashed potatoes
- ☐ precooked lentils, beans, vegetables, hummus in tins
- ☐ chopped tomatoes to, for example, cook pasta in
- ☐ tins of bolognese sauce, mackerel, sardines, ravioli, salmon balls, boiled meat, soup
- ☐ fruit purée, jam, marmalade
- ☐ prepared blueberry and rosehip soup, juice or another drink that can be stored at room temperature
- ☐ coffee, tea, chocolate, energy bars, honey, almonds, nuts, nut butter, seeds.

Water

Clean drinking water is vital. Allow for at least three litres per adult per day. If you are uncertain about its quality, you need to be able to boil the water.

If the toilet is not working, you can take strong plastic bags and place them in the toilet bowl. Good hand hygiene is important for avoiding infection.

- ☐ bottles
- ☐ buckets with lids
- ☐ Plastic bottles to freeze water in (do not fill to the top as the bottle will crack if you do)
- ☐ mineral water
- ☐ jerry cans, ideally with a tap, to collect water in. You can also have a couple of clean jerry cans that are filled with water as a reserve. These are to be stored in a cool, dark place.

Learn more about home preparedness at **dinsäkerhet.se**

Warmth

If the electricity goes off at a cold time of the year, your home will quickly become cold. Gather together in one room, hang blankets over the windows, cover the floor with rugs and build a den under a table to keep warm. Think about the risk of fire. Extinguish all candles and alternative heating sources before you go to sleep. Air the room regularly to let in oxygen.

- ☐ woollen clothes
- ☐ warm all-weather outdoor clothing
- ☐ hats, gloves, scarves
- ☐ blankets
- ☐ sleeping mats
- ☐ sleeping bags
- ☐ candles
- ☐ tea lights
- ☐ matches or fire-lighter
- ☐ alternative heat sources, e.g. LPG heaters, paraffin heaters.

Other

- ☐ spirit stove and fuel
- ☐ torch, head torch
- ☐ batteries

Communications

In the event of a serious incident, you need to be able to receive important information from the authorities, primarily Sveriges Radio's radio station P4. You also need to be able to follow how the media are reporting events, remain in contact with relatives and friends and be able to reach the emergency services.

- ☐ a radio powered by batteries, solar cells or winding
- ☐ a car radio
- ☐ a list of important telephone numbers on paper
- ☐ extra batteries/power bank for devices such as mobile phones
- ☐ mobile phone charger that works in the car.

- ☐ cash in small denominations
- ☐ medicine cabinet and extra medicines
- ☐ wet wipes
- ☐ hand sanitiser
- ☐ nappies and menstrual products
- ☐ paper printouts of information such as insurance policies, bank details, registration certificates
- ☐ fuel in the tank.

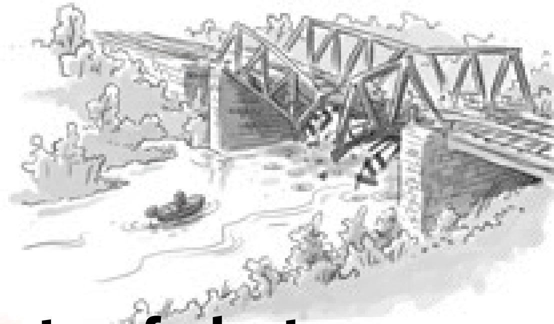


If Sweden is attacked, resistance is required

We must be able to resist various types of attack directed against our country. Even today, attacks are taking place against our IT systems and attempts are being made to influence us using false information. We may also be affected by conflicts in our region. Potential attacks include:

- Cyberattacks that knock out important IT systems.
- Sabotage of infrastructure (e.g. roads, bridges, airports, railways, electricity cables and nuclear power stations).
- Terror attacks that affect a large number of people or important organisations.
- Attempts to influence Sweden's decision makers or inhabitants.
- Severed transport links that result in a shortage of foodstuffs and other goods.
- Military attacks, for example airstrikes, rocket attacks or other acts of war.

If Sweden is attacked by another country, we will never give up. All information to the effect that resistance is to cease is false.



Heightened state of alert

The Government can decide to put the country on a heightened state of alert in order to improve Sweden's chances of defending itself. In a heightened state of alert, peacetime laws apply, but other laws may also be used. For example, the state can requisition private property that is of particular importance to Sweden's total defence.

In a heightened state of alert, the whole of society has to gather its collective forces in order to ensure that vital services continue to function. In a heightened state of alert, you may be called up to help in various ways.

Information about the heightened state of alert will be broadcast on radio and TV. Sveriges Radio's radio station P4 is the emergency channel.

Total defence





Important public announcement

Signal 7 seconds – break 14 seconds



Danger over

Unbroken signal 30 seconds





Warning systems

Important public announcement

The warning and information system IPA (important public announcement) is used in emergency situations – for example in the event of emissions of hazardous substances, fires where there is a risk of explosion, forest fires and other natural disasters.

Important public announcements are broadcast primarily on Sveriges Radio's radio stations, Sveriges Television's TV channels and SVT's teletext system. IPAs can also be sent as text messages to mobile phones within a specific area.

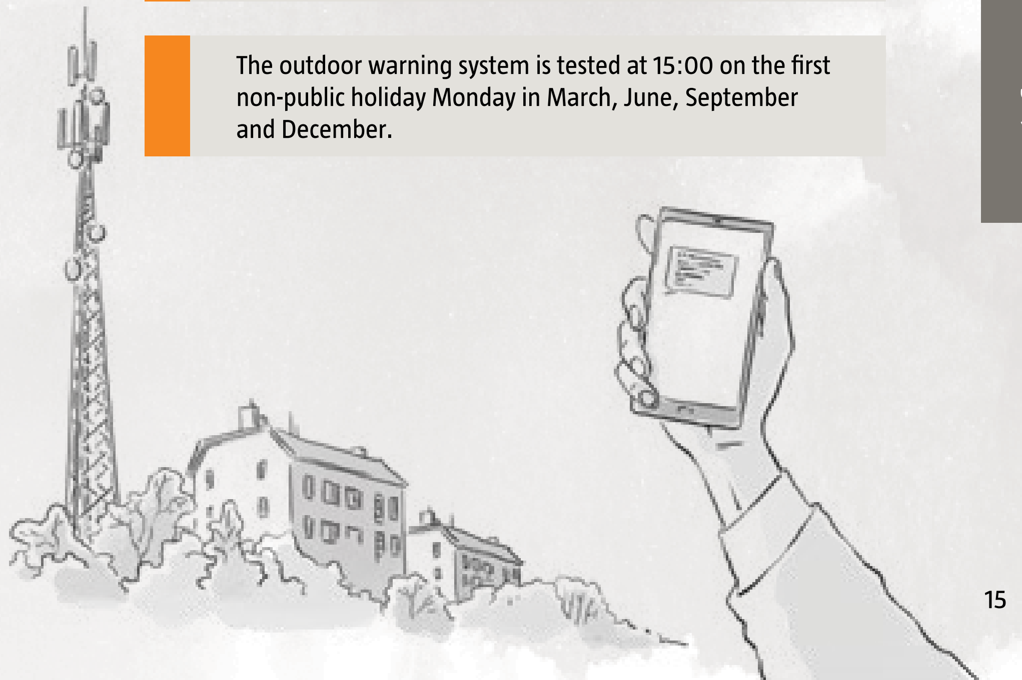


Outdoor warning

On rare occasions, the outdoor warning system (“Hesa Fredrik”) is used. Facilities for the outdoor warning system are located in the majority of towns and cities and around Sweden's nuclear power stations.

If you hear the signal: go indoors, close windows, doors and ventilation and listen to Sveriges Radio's radio station P4, which is tasked with providing public information.

The outdoor warning system is tested at 15:00 on the first non-public holiday Monday in March, June, September and December.



Emergency alarm

Signal 30 seconds – break 15 seconds



Air raid warning

Signal with short bursts for one minute



Danger over

Unbroken signal 30 seconds





Emergency alarm and air raid warning

The emergency alarm is a way for the Government to announce that there is the imminent threat of war, or that the country is at war.

If you hear the signal, you have to go indoors immediately and listen to Sveriges Radio's radio station P4. Get ready to leave home with that which is most important, warm clothes, something to eat and drink and identification documents. If you have been given a wartime posting, you are to proceed immediately to the place you have been instructed to go.

The air raid warning means that you are to find shelter immediately, for example an air raid shelter or the cellar of the building in which you are located.

New ways to warn the population may be applicable.

Keep yourself up to date by visiting **dinsäkerhet.se**

Shelters and other protective spaces



Shelters can provide protection to the population in the event of war. All shelters and buildings that contain shelters are marked with a sign. You are not assigned to any specific shelter, you use whichever is nearest.

Find out the location of the shelters that are nearest to where you live and where you are during the daytime. In the event of an air raid alarm, go immediately to a shelter or, in an emergency, to another protective space such as a cellar, tunnel or metro station.



Educate yourself!

Learn to provide first aid. Your knowledge can save lives. If you are the first on the scene after an accident or other serious incident, call SOS Alarm on the emergency number 112. Even if your pay-as-you-go SIM card has no credit, or your mobile has no SIM card, you can still call 112. SOS Alarm can provide advice about what to do at the site of the accident.

Get involved!

Many non-profit organisations and faith communities make important contributions to our collective security and preparedness. The voluntary defence organisations have specific duties as part of Sweden's total defence and offer both courses and training programmes. In the event of emergencies and heightened states of alert, their tasks include distributing important information to Sweden's population. You are needed and your contribution makes a difference!



You can find more information at **dinsäkerhet.se**

Important notes

Write down important telephone numbers, addresses and the closest shelter or other protective space.

The purpose of the brochure is to help us become better prepared for everything from serious accidents, extreme weather and IT attacks, to military conflicts. It is a good idea to talk about its contents with people around you.

IMPORTANT TELEPHONE NUMBERS AND WEBSITES

112

In an emergency situation that requires the immediate assistance of an ambulance, the fire and rescue service or the police.

113 13

To provide or obtain information about serious accidents or emergency situations.

114 14

All police matters that are not about crimes or incidents that are ongoing.

1177

Healthcare advice.

Dinsäkerhet.se

More detailed information about the contents of this brochure.

Krisinformation.se

Emergency information from Sweden’s public authorities collected in one place.